

Sanderson Monument Co., Ltd.

33 Peter Street South,

Box 305,

Orillia, Ont.

ROSS SANDERSON

% SANDERSON MONUMENT CO
33 PETER ST. S.
ORILLIA ONT.

PRICE 205 ⁰⁰
(OR)

225 ⁰⁰.

May 19th 1976
St Kitts Travel Club

Lasagna Italian Bread
Scalloped Potatoes Frozen Peas
Roast Cold Turkey
 Cranberries
Hot ham: marmalade and Mustard
Carrott & Pineapple salad
Mince Icecream
Cookies and Cake
Coffee

6416 CLARE CRESCENT
NIAGARA FALLS, ONTARIO L2G 2E2

Mr. & Mrs. D. M. Mason 30 Briarfield Cr. St Catharines
 Mr & Mrs Lloyd Snider ^{OK} 99 Church St. "
 Mr & Mrs Andy Crozier ^{OK} RR 1 "
 Miss L. M. Harwood ^{OK} 27 St. Patrick St "
 Mr Wm. H. Cropper ~~34 Herrick St.~~ "^{absent.}
 Miss Barbara Mc Ghee ^{OK} 5 Hillcrest St. "
 Miss Dorothy Shaye ^{OK} 510 Tremont Dr. Apt 20 "
 Mr & Mrs Wm W. Vonabergen ^{OK} RR Jordan Station, Ont.
 Putnam ^{OK}

MON
3 Bites + Bites

Potatoes

Milk

Celery

almonds

Orange juice

Lettuce

Teckels

Low dish

Hot dish stand

Green beans

Mon

Take Turkey out
of refrigerator

Made Salad jelly

Tues.

~~make jelly~~

Wed.

Cook Potatoes

TUES
Italian Bread.

Turkey cooked

GROUP PICTURE

May Douglas

Clary Hurford

Margaret Sinclair

Mable Harrison

Marjorie Johnstone

Edith Shipley

Margarita King

Grace Metheral

Myrtle Brodhecker (s)

Dorothy Gettings (s)

Doris Hyne

Agnes Paterson (s)

Vera Nairn (s)

Elsie Corbett (s)

Hilda Graham (s)

WORKERS

Marjorie Johnstone

Edith Shipley

Vera Nairn (s)

(s) small pictures, if available

12487 Niagara River Parkway
Niagara Falls, Ont. L2E 6S6

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Exercises. 3 x daily.
10 x ea.

① Hold cane frt of body w 2 hands
Raise cane up over hd as high as
possible. Try to put cane b hind neck

②. Hold wt object in hand & ex
biceps - ie. Touch Shl & then straitn down.

③ Resist finger strting (start by
curling fingers into palm then lift
fingers up into air - offer resistance
to movt w. your other hand or
have someone else resist movt.

④ Squeeze ball or handgrip for
increased strength

⑤ Sit on edge of bed w. upper
lgs supported. Lift toes of l. foot
upw in air until knee straight.
Do same w. Rt lg.



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